

# SHA NA NA

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**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Mark Cosenza & Glen Pospieszny

**Music:** Rock N' Roll Is Here To Stay by Sha Na Na

## KICK FORWARD AND BACK, TOE HEEL STRUTS

- 1-4** Kick right forward, hitch, kick right back, hitch
- 5-6** Moving diagonal forward right, step right down doing a toe/heel strut (lean right shoulder towards right foot)
- 7-8** Moving diagonal forward left, step left down doing a toe/heel strut (lean left shoulder towards left foot)

## SIDE ROCK, RECOVER, CROSS BEHIND & PIVOT, STEP FORWARD, TOE HEEL STRUTS

- 1-2** Rock side right, recover left
- 3-4** Cross right behind left and pivot  $\frac{1}{4}$  right, step forward left
- 5-6** Moving diagonal forward right, step right down doing a toe/heel strut (lean right shoulder towards right foot)
- 7-8** Moving diagonal forward left, step left down doing a toe/heel strut (lean left shoulder towards left foot)

## SHUFFLE DIAGONAL RIGHT, SHUFFLE DIAGONAL LEFT

- 1-4** Moving diagonal forward right, shuffle right, left, right, and hold for count 4
- 5-8** Moving diagonal forward left, shuffle left, right, left and hold for count 8

## $\frac{1}{2}$ TURN JAZZ BOX, TOE HEEL STRUTS

- 1-2** Step right in front of left, step back on left and pivot  $\frac{1}{2}$  turn right
- 3-4** Step down right, step forward left
- 5-6** Moving diagonal forward right, step right down doing a toe/heel strut (lean right shoulder towards right foot)
- 7-8** Moving diagonal forward left, step left down doing a toe/heel strut (lean left shoulder towards left foot)

## (33-40) STEP FORWARD & HOLD, STEP FORWARD & HOLD, STEP FORWARD, FORWARD, FORWARD & STEP

- 1-2 Right ball/step diagonal right forward (bend both knees to side right, hips are right), hold
- 3-4 Left ball/step diagonal left forward (bend both knees to side left, hips are left), hold
- 5 Right ball/step diagonal right forward (bend both knees to side right, hips are right)
- 6 Left ball/step diagonal left forward (bend both knees to side left, hips are left)
- 7 Right ball/step diagonal right forward (bend both knees to side right, hips are right)
- 8 Step left next to right

**Counts 1-7 are known as boogie walks. For an easier option, you can substitute crossover walks forward for counts 1, 3, 5, 6, 7 beginning with the right foot.**

**(41-48) BEND KNEES TO THE LEFT, BEND KNEES TO THE RIGHT, HOP FORWARD, CLAP, HOP BACK**

- 1-2 With your feet slightly apart, bend both knees to the left, center knees

**Optional: at the same time, slightly hop diagonal left and back**

- 3-4 With your feet slightly apart, bend both knees to the right, center knees

**Optional: at the same time, slightly hop diagonal right and back**

- 5-6 Take a small hop forward with both feet, clap

- 7-8 Take a small hop backward with both feet

**REPEAT**

**TAG**

**For the first two walls of the dance only, repeat the last sixteen counts**

**ENDING**

**On the last note of the song (which follows count 32) when they shout "rock", jump  $\frac{1}{4}$  to the left back to the starting wall, slightly spread legs out with your knees slightly bent and put your hands in the air**